

## **Linking the Interests of Families and Teachers (LIFT)**

### **Brief Program Description**

Linking the Interests of Families and Teachers (LIFT) is a research-based intervention program designed to prevent the development of aggressive and antisocial behavior in children within the elementary school setting. LIFT targets for change those child and parent behaviors thought to be most relevant to the development of adolescent delinquent and violent behaviors, namely child oppositional, defiant, and socially inept behavior and parent discipline and monitoring.

LIFT was designed to decrease the likelihood of two major factors that put children at risk for subsequent antisocial behavior and delinquency: (1) aggressive and other socially incompetent behaviors with teachers and peers at school, and (2) ineffective parenting, including inconsistent and inappropriate discipline and lax supervision. LIFT has three main components: (1) child social skills training, (2) the playground Good Behavior Game, and (3) parent management training.

### **Program Strategies**

*Child social skills training* sessions are held during the regular school day, and are broken into distinct segments. The first segment includes the following: (1) classroom instruction and discussion on specific social and problem-solving skills, (2) skills practice in small and large groups, (3) free play in the context of a group cooperation game, and (4) review and presentation of daily rewards. The second segment includes a formal class problem-solving session as well as free play and rewards. The curriculum is similar for all elementary school students, but delivery format, group exercises, and content emphasis are modified to address normative developmental issues depending on the grade level of the participants.

*The playground Good Behavior Game* takes place during the middle of the free play portion of the social skills training and is used to actively encourage positive peer relations on the playground. During the game, rewards are earned by individual children for the demonstration of both positive problem-solving skills and other prosocial behaviors with peers as well as the inhibition of negative behaviors.

*Parent Management Training* in LIFT is conducted in groups of 10 to 15 parents and comprises 6 sessions scheduled once per week for approximately 2 ½ hours each. Session content focuses on positive reinforcement, discipline, monitoring, problem solving, and parent involvement in the school.

**Population Focus**

The program is targeted towards elementary school-age children and their parents.

**Suitable Settings**

The intervention is suitable for school-based settings.

**Required Resources**

None specified.

**Implementation Timeline**

The child social skills training is comprised of 20 sessions of 1-hour each across a 10-week period. The parent training sessions are held concurrently and are comprised of 6 sessions, approximately 2 ½ hours each.

**Outcomes**

Major program outcomes included:

- LIFT has been found to decrease child physical aggression toward classmates on the playground, to increase teacher positive impressions of child social skills with classmates, and to decrease parent aversive behavior during family problem-solving discussions.
- Post intervention results reveal that observed aggressive behavior on the LIFT playgrounds decreased from a mean of 6.0 aversive physical behaviors per 30-minute recess period to only 4.8 aversive behaviors per 30 minutes; following the intervention period, the children in the control group continued to average 6.6 aversive behaviors per 30 minutes.
- Results 3 years post intervention reveal that relative to fifth-grade youth in the LIFT group, fifth-grade youth in the control group were 2.2 times more likely to affiliate with misbehaving peers, 1.8 times more likely to be involved in patterned alcohol use, 1.5 times more likely to have tried marijuana, and 2.4 times more likely to be arrested by the age of 14.

## **Contact Information**

For indepth information on this program, please use the contact listed below.

### **Program Developer**

John Reid, Ph.D.

Oregon Social Learning Center

160 East 4th Avenue

Eugene, OR 97401

Phone: (541) 485-2711

Fax: (541) 485-7087

Email: [johnr@oslc.org](mailto:johnr@oslc.org)

Web site: [www.oslc.org](http://www.oslc.org)